

Elderly Persons Not Only Ones with Foot Ailments

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Elderly people aren't the only individuals who are bothered with their feet. Salespeople, beauticians, policemen, gas station attendants, postmen, and a legion of others earn their living while on their feet and foot disorders are prevalent among them. Many young men entering military service are probably beginning to learn just how important their feet are to general well-being since, more likely than not, they are required to walk more miles per day than ever before. To all of these individuals foot health and comfort are of real importance.

The foot is a very complicated mechanism, as delicately balanced as the interior of a finely made watch. More than one-quarter of all the bones in the human body are located in the feet, in addition to muscles and ligaments, which are strong, tough fibers extending between the bones. The Achilles tendon, attached to the heel bone, is the strongest and thickest tendon of the entire body. When the balance of this intricate piece of human machinery is disturbed, trouble results in greater or less degree. Headaches, backaches, leg pains, fatigue and irritability are some of the ailments that can often be traced to foot disorders.

Although much can be done to help the adult whose feet have become weak or deformed, care of the feet should begin in infancy because many of the abnormalities that give trouble during, but seldom before, middle-age start in childhood. At birth the infant's foot is almost entirely composed of cartilage, which soon begins to turn into bone. Attempts to teach the child to stand or walk too soon will result in placing a strain on these soft bones and should be avoided. Care must be taken to provide infants with socks that are long enough, and a sock one-half inch longer than the big toe is the correct fit. Older children should be carefully fitted with shoes, but use of the X-ray machine, so frequently found in shoe stores, should not be permitted. A survey made within the last few years, revealed that the majority of these machines were found to be unsafe for this purpose.

Rules for foot health are few and easy to follow. Home treatment should be restricted to very simple things. If foot abnormalities exist, professional attention should be obtained for

Miss Photogenic Dislikes Elvis, Going Steady

Linda Lee Axenty, 18-year-old freshman from Redondo Beach will reign at El Camino College for the coming year as "Miss Photogenic." She was the selection of the college Camera Club and succeeds Margorie Thompson of Torrance to the title.

The title of "Miss Photogenic" is given annually by members of the club to a coed of their choice.

Miss Axenty is no newcomer to the photographers' lens. In 1956 she earned the title of "Miss Neptune" in the annual contest sponsored by the Redondo Beach Chamber of Commerce. Later that year she was an entrant in a state-wide beauty-personality contest.

Although not a member of the college camera club, the coed is currently studying beginning photography. She is also a member of the staff of the student newspaper "Warhoop," and is enrolled in two other journalism courses.

"This fits with my future plans," says the pert miss. "I want to be a high school journalism teacher."

A teen-ager with definite ideas, Miss Axenty says she does not like rock-n-roll music, Elvis Presley, or going steady. "I much prefer musicals such as Rodgers and Hammerstein, or slow popular ballads," she explains.

"And as for Elvis,"—well, he should stay in the army as far as I'm concerned. He does look better with a short haircut, though."

"Going steady," Linda exclaims, "is not for me. It cuts down your circle of friends too much. Besides it's for people who are preparing for marriage. I have no immediate plans for marriage either," remarks Linda. "It's better not to be tied down."

Drivers involved in fatal accidents had worse than average driving records prior to their fatal accidents, according to a detailed study of North Carolina drivers.

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Bowling News

Bowl-O-Drome keglers racking up some pretty potent records of late as in two succeeding weeks the famed "700" was cracked by a couple of hurlers bowling in Monday night handicap competition. Archie Nelson sparked his Dave's Cleaners quintet to a clean sweep over league leading Ted's Auto in the 9 p.m. Commercial, lashing out with games of 239-268-202 for a dazzling 700 set. Boosted the season's series mark to a mighty 757 with his 48 pin handicap. Pancake Palace took over the top notch in the 8 team league, as Dave's Cleaners moved into a three-way tie for second with the Civitan Stars and Livingston Jewelers. Following Monday even in the Men's Industrial moving into action at 6:30 p.m., J. Clark, Us Five fireball, uncorked a tremendous 714 three game tally. Snatched season's series lead from Russ Guyman who had Tuesday nights 875 Scratch lead by Team No. 5, one over

721 a couple of weeks back. Clark's 714-24-738 rough one to beat, far as that goes, so was 721. Paul's Chev. keglers, D. Walls holding onto high individual effort with his whopping 258-17-275 sizzler. Quality Eng. out in front of the pack by a big six games. Dick's Signal Service and Arden Farms share second spot honors followed one down by Flying A's and Vel's Ford and American Plant Grainers in for third. Tuesday nights 875 Scratch lead by Team No. 5, one over

Dottie's Grill, who hold a whopping 10 game edge over the rest of the mob. Pick-Ups in for third with Torrance Jewelry and Loan and Harvey Aluminum hassling over fourth. R. Montenegro, with the Jewelry & Loan bunch and Ruth's Cafe representative, N. Commeresi share season series honors with their impressive 659 totals while J. Cummins, team No. 2 hurler heads the list of huge game efforts with his sizzling 258 single.

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